Caregiver Corner

"If it doesn't challenge you, it won't change you." ~ Fred DeVito

Caregiver Tip: Healthy Habits At Home

Staying home is the best way to keep you and your loved one. As we adjust to this new lifestyle, here are tips to maintain or create healthy habits at home.

Healthy Meals: According to the National Council on Aging, a healthy plate includes lean protein, fruits, vegetables, whole grains, and low-fat dairy. If you are having difficulties getting food for your loved one, call The Division of Aging and Adult Services at 703.746.5999 for food resources.

Exercise: Exercise improves energy and decreases depression. You don't need equipment to get moving. A fun way to exercise is to dance to your favorite songs, or play music as you perform chair exercises. City of Alexandria also offers an array of online programs through RPCA at HOME Virtual Programming. 50 Activities offers more tips to keep your body and mind active.

Social Connection is important for you and your loved one. Stay connected by video calls with family and friends, send pictures or write letters. Join the Division of Aging and Adult Services caregiver support group via a conference call to receive support and stay engaged.

For additional tips on healthy habits, read 10 Healthy Habits for Seniors to Keep.

> **Caregiver Support Group**
>
> **Via Conference Call**
>
> Wednesday, May 6, 2020
>
> **4-5pm**
>
> **Contact Jennifer Sarisky for call in information**
> **703-746-6024**
> **jennifer.sarisky@alexandriava.gov**

Resources:

Healthy Living For Your Brain: The Alzheimer's Association is offering these webinars on May 6 and May 12. For more information call (800) 272-3900.

COVID-19 Wellness Resource Guide: City of Alexandria provides resources to help residents navigate changes due to COVID-19. View the section on Caregivers for Older Adults.